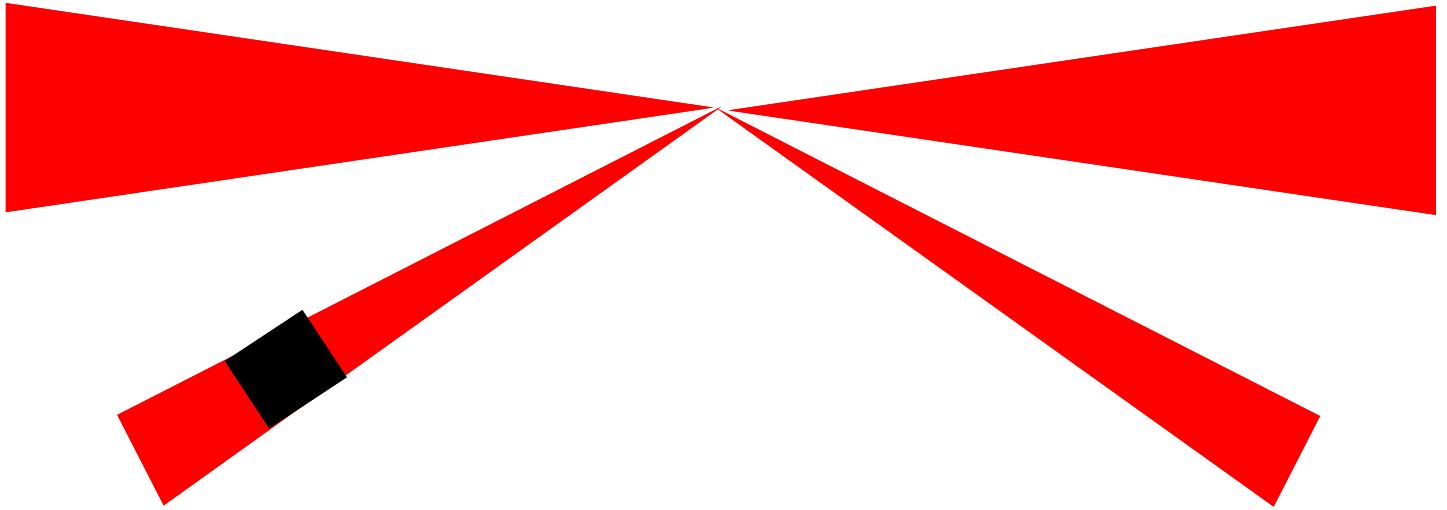


TEST #14 for “Decisive” 2nd Gup



Tae Geuk 7

Basic Positions Pledge with 3-move Combo
10 Move Demo Combo (Creative Form)

3-Part Drill Demonstrating the Use of Narabang

Defending Against a Top-Mount Choke (Pluck and Roll)
Defending Against a Top-Mount Punch (Strike, Grab, Roll)

Referee Terms and Hand Signals (Starting and Ending a Match)
Pushups, Squats, and Step Lunges
Moo Duk Kwan Principles 9, 10, and 11

Minimum Classes: 280

Usual Time In Rec. 2nd Gup: Two Months

Papers Due: MDK 9, 10, and 11 Coloring or Essay

Graduation Board Break: Speed Round Kick